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Use Corn Meal and Corn Flour to Save Wheat

Corn Flour Waffles

Contribution from
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A. C. TRUE, Director

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CORN MEAL AND CORN FLOUR

CORN MEAL is a native American food and Americans know how to use it. The early American pioneers used much more corn than wheat. We also can use it freely, to save wheat and help win the war.

Corn flour is very finely ground corn meal with all large particles sifted out by repeated boltings through fine bolting cloth. It used to be a by-product of corn meal manufacture. Now it is made in large quantities because it can be used very successfully in place of wheat flour.

Some recipes for the use of corn meal and flour in breads, cakes, and cookies are given in this circular. For other recipes and uses for corn meal, see Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It." Also consult the new Kitchen Card which the Department of Agriculture has issued on the use of all substitutes in baking.

USE CORN MEAL AND CORN FLOUR TO SAVE WHEAT.

CUSTOMS differ somewhat in different parts of the country with respect to the use of corn meal, most localities have recipes for corn meal which are excellent and worthy of the high opinion in which they are held. The total number of good recipes for the use of corn meal is very large and most housekeepers are glad of an opportunity to learn new ones. The following recipes have been tested in the Experimental Kitchen of the Department of Agriculture, Office of Home Economics, and of the Home Conservation Section of the U. S. Food Administration.

These recipes are based on the use of the fine meal. If the coarser meal is used the recipes will need about 10 per cent. more liquid than given here.

All measurements are level. It should be remembered that there are 16 level tablespoons in a cup.

CORN MEAL RECIPES.

Spoon Corn Bread.

2 cups water.
1 cup corn meal.
1 cup milk.
1 tablespoon butter.
½ teaspoon salt.
2 eggs.

Mix the water and the corn meal. Bring slowly to boiling and cook five minutes. Cool until lukewarm. Add eggs, well-beaten, and the other ingredients. Beat thoroughly and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon.

Quick Corn Bread.

2 cups corn meal.
4 teaspoons baking powder.
1 tablespoon sugar.
1 teaspoon salt.
2 cups skim milk.
1 egg (well beaten).
2 tablespoons melted fat.

Mix ingredients in order given. Beat well. Bake in a shallow pan for 30 minutes. The sugar may be omitted, if desired.

This corn bread can be varied by using parched corn meal. Place corn meal in a moderate oven for 10 to 15 minutes, stirring from time to time. It browns more quickly in a shallow pan.

Corn Meal and Barley Parker House Rolls.

1 cup barley.
¾ cup corn meal.
1 teaspoon salt.
1 tablespoon sugar.
3 teaspoons baking powder.
½ cup milk.
1 egg (beaten).
1 tablespoon fat (melted).

Mix ingredients in the order given. Roll out until one-third inch thick. Cut with a biscuit cutter and fold over in Parker House roll. Bake in a moderate oven for 20 minutes.

Corn Meal Salad Wafers.

½ cup corn meal.
¾ cup (scant) barley.
1 teaspoon salt.
1 tablespoon fat.

Mix dry ingredients. Put in the fat and add enough liquid to roll out thin. Cut in shapes. Bake in a hot oven until brown. These can be varied by sprinkling with grated cheese before baking.

CORN-FLOUR RECIPES.

Corn-flour Waffles and Griddle Cakes.

2 cups (scant) corn flour.
3 teaspoons baking powder.
1 tablespoon sugar.
2 cups milk (skim).
2 tablespoons fat (melted).
1 or 2 eggs.
1 teaspoon salt.

Mix in order given. Beat yolk and white separately and fold in whites last. Have griddle or waffle iron hot and well greased.

Corn-flour and Rolled Oats Muffins.

1½ cups corn flour.
¼ cup rolled oats (ground in meat chopper).
4 teaspoons baking powder.
1 teaspoon salt.
1 cup milk.
1 tablespoon fat (melted).
1 egg (beaten).
1 tablespoon sugar or molasses.

Mix in the order given. Bake in a moderate oven for 25 minutes.

Corn-flour Sponge Cake.

Yolks 3 eggs (well beaten).
¾ cup sugar.
1 tablespoon hot water.
1 cup corn flour (scant).
1½ teaspoons baking powder.
¼ teaspoon salt.
Whites 3 eggs (beaten stiff).
2 tablespoons lemon juice.

Mix in order given. Bake in moderate oven for 35 minutes.

One-egg Cake Using Corn Flour.

¼ cup fat.
½ cup sugar.
1 egg.
½ teaspoon salt.
½ cup mashed potatoes.
1½ cups corn flour.
2½ teaspoons baking powder.
½ cup milk.

This can be baked in a shallow pan, split, and a chocolate custard placed between the layers, making a good dessert.

Corn-flour Cookies.

½ cup fat.
1 cup sugar.
1 egg (beaten).
½ teaspoon salt.
2 squares chocolate (melted).
2½ cups corn flour (scant).
2 teaspoons baking powder.
¼ cup milk.

Mix in order given. Roll thin, cut out, and bake in moderate oven. Instead of chocolate, ½ cup shredded coconut can be added.

Corn-flour Shortcake.

2 cups corn flour.
3 teaspoons baking powder.
4 tablespoons shortening.
2/3 cup milk.
1 teaspoon salt.

Bake in thin sheet and serve with berries or other fruit.

Corn-flour Dumplings.

1 cup corn flour.
1 teaspoon salt.
1 teaspoon baking powder.
4 tablespoons milk.
2 eggs.

Very good with meat or chicken stews. Be sure the stew is boiling when the dumplings are dropped into it. This dumpling is good with fruit like the boiled or steamed dumplings you have always made.

Yeast Bread.

50 per cent. wheat flour and 50 per cent. substitute.

1¼ cups liquid.
2 teaspoons salt.
1 tablespoon corn sirup.
¼ cake yeast.
½ cup mashed potato.
2½ cups wheat flour.
1¼ cups (scant) corn flour.
1¾ cups barley or
1⅜ cups ground rolled oats.

Make a sponge of all the ingredients except the corn flour and barley or ground rolled oats. The potatoes should be freshly mashed with no fat or milk added. The water in which the potatoes were cooked can be used for the liquid. Let this sponge stand in a warm place until very light. If dry yeast is used, set the sponge the night before.

Add corn flour and barley or rolled oats when sponge is light. Knead and let rise until double in bulk. Brush over the top of the loaf with melted fat before putting the loaf to rise.

All breads made with substitute flour are better if baked in single-loaf pans or in rolls or buns.

This recipe will make one large loaf. Bake for 1¼ hours in a hot oven.